

JANUARY/FEBRUARY 1998

VOLUME 27, #1

\$3.95

# USA GYMNASTICS

SPECIAL  
CAMP  
INSERTS

## TEXAS TRIO

Marline Stephens  
Raj Bhavsar  
Sean Townsend

### ALSO INSIDE

DIET AND STRESS FRACTURES

TALENT ON THE EDGE

FUTURE STARS

POSTURE AND ALIGNMENT

JOHN HANCOCK TOUR OF  
WORLD GYMNASTICS CHAMPIONS

CONDITION WITH THE CHAMPIONS

Yusuf Nurkin



Isabella Kozlov, 1998 Team



Heidi Pitlor



Country Landon



Country Landon

Aranda Borden



Lisa Mason



Wendy Bick



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Amy Chen



Shannon Miller



Shannon Miller

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# GYMNASTICS

JANUARY / FEBRUARY 1998 • VOLUME 27 • NUMBER 3

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## FEATURES

## TOP'S: TALENT ON THE RISE

The Talent Opportunity Program, TOP's for short, is in its sixth year of existence and going strong. More and more talented gymnasts are passing through the TOP's program in route to elite status. This year more than 1,700 gymnasts participated in TOP's A Series of the 1997 National TOP's Team Members is included in the article.

## FUTURE STARS NATIONAL CHAMPIONSHIPS AND COACHES WORKSHOP

The 1997 Future Stars National Championships was held at the U.S. Olympic Training, November 13-16. This was the second year for the competition which was held in conjunction with the Men's Coaches Workshop. This year's competition included the 10-11 age group division as well as a new 12-year-old age group division. The competition featured increased participation and an increased level of routines and skill accomplishments. Results from the event are included in the article.

## RHYTHMIC WORLD CHAMPIONSHIP

Alicia Abbe, Tara McCargo and Maighan Muller represented the US at the Rhythmic World Championships in Berlin, Germany. Each gymnast finished with her individual best at the competition. Ukraine's Elena Vitchenko earned the all-around title followed by Russia's Natalia Larionova and Yana Butchko.

**JOHN HANCOCK  
TOUR OF WORLD  
GYMNASTICS  
CHAMPIONS**

The John Hancock Tour of World Gymnastics Champions began in September and concluded in November. The tour included all the big-name gymnasts and was well received and much enjoyed by spectators all the way from Miami to Sacramento. Check out some great photos of the participants.

**TEXAS TRIO**

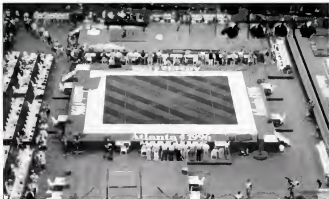
What do Martina Stophra, Sean Townsend and Riq Shivers have in common? They all live and train in Houston and they all became Junior National Champions at the 1987 John Hancock U.S. Gymnastics Championships. Check out these three Junior Champions' diaries, complete with training schedules!

### CONDITION WITH THE CHAMPIONS

Would you like to condition like the top gymnast in the country? Now you can! USA Gymnastics asked Kristy Powell, Vanessa Ables and Beanie Wilson, the 1997 National Champions, to share with us their conditioning secrets of success. ☺







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# DIET AND STRESS FRACTURES

By Michelle Dussanre Farrell, M.S.S., R.D.

**T**he stress fracture is an injury that can be a threat to young athletes at the prime of their careers. A stress fracture occurs when the stress on a bone results in bone fatigue, resulting in a partial or sometimes complete break of the bone. This injury usually occurs when an athlete is at the height of his/her competitive season or when training becomes more intense, and the stress caused by training and other factors becomes too much on bones. For one to maintain healthy bones, a sound diet that meets the Recommended Dietary Allowances for calcium is very important. However, recent studies show that overall dietary balance may play a much larger role in maintaining bone health.

Lately, much attention has been placed on young female athletes and on the Female Athlete Triad, a group of disorders recognized by the American College of Sports Medicine shown to affect this population of athletes. These disorders include amenorrhea (lack of menstruation), osteoporosis (loss of bone mineral density) and disordered eating patterns.

Studies done recently on the effect of stress fractures in young women have focused on diet as not limited to these elements of the triad. One of the most heavily studied areas has been the link between amenorrhea and the incidence of stress fractures. The connection between amenorrhea and a decrease in bone density comes partly from low levels of the hormones, estrogen and progesterone. Both of these hormones are needed in normal levels to help calcium deposit into bone and to maintain bone density. A majority of athletes studied who reported a history of stress fractures had some history of amenorrhea<sup>1-3</sup> and oligomenorrhea (infrequent menstruation)<sup>4</sup>.

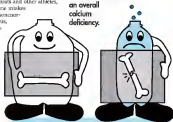
Another component of the triad, disordered eating, may also play a role in amenorrhea, which has been linked to the incidence of stress fractures. Dietary intake and disordered eating patterns have been linked to amenorrhea in a number of stud-

ies. A concept that has been developed supporting the link between dietary intake and amenorrhea is called "energy deficit"<sup>5</sup>. The human body must choose which functions it will tend to first. Things such as growth and development all come before reproduction and menstruation on the list of priorities. If caloric intake is too low, hormones such as estrogen and progesterone are lower on the list of priorities and may not be produced in amounts high enough to allow for menstruation to occur.

One factor that may override a diet low in calories and nutrients and its effects on bone mineral density is the high-impact nature of the sport. Gymnastics is an example of this. Some studies have shown that gymnasts have higher bone mineral densities than non-gymnasts and other athletes, despite lower caloric intakes and histories of amenorrhea<sup>6</sup>. Despite this, however, gymnasts still do suffer from stress fractures<sup>7,8,9</sup>.

A diet that is low in overall nutrients can have serious consequences for the young athlete. Ninety-nine percent of total body calcium is stored in bone. A diet that is low in calcium can put the athlete at risk for developing bone-related injuries. Even if a young female athlete is menstruating and eats enough calories, calcium requirements are still just as important for maintaining overall bone health. The Recommended Dietary Allowances for calcium are currently 1,300 mg/day for males and females age 9-38, and 1000 mg/day for males and females age 19-30. For females who are estrogen-deficient

Too much salt, protein, phosphorous, caffeine and alcohol have a negative effect on the amount of calcium that the body is able to absorb. One notable source of phosphorous is soft drinks. Phosphorous and calcium compete with one another for absorption in the body. Not only is this a problem, but soft drinks in most cases replace milk as a beverage throughout the day, which can even further create an overall calcium deficiency.



**TABLE 1  
GOOD CALCIUM SOURCES**

Food	Amount of Calcium (mg)
1 cup vanilla yogurt	389
1/4 cup powdered skim milk	507
3 oz sardines, canned	324
1 cup skim milk	302
1/2 cup tofu (firm)	254
1 oz Cheddar cheese	282
1/2 cup chocolate pudding	150
1/2 cup fat free ice cream	100
1/2 cup collards, cooked	74
1/2 cup baked beans	70
1/2 cup cottage cheese (1%)	64
corn tortilla (1 tortilla)	42
6 medium oysters	38

Sources: Diet Balance computer program, Nutrition software, 1996



and not increasing, it has been recommended that they increase their calcium intake to total 1,500mg/day\*. A list of foods and their calcium contents can be found in Table 1.

It is important to approach keeping a healthy bone mineral density through prevention in all young athletes. An eating plan that is sufficient in calories as well as calcium is the best dietary measure to take for preventing a decrease in bone mass. A diet rich in calcium is extremely important for increasing bone mass. Too much salt, protein, phosphorus, caffeine and alcohol have a negative effect on the amount of calcium that the body is able to absorb\*. One notable source of phosphorus is soft drinks. Phosphorus and calcium compete with one another for absorption in the body. Not only is this a problem, but soft drinks in most cases replace milk as a beverage throughout the day, which can even further create an overall calcium deficiency.

Stress fractures can easily shorten the life span of an athlete's career. Many different factors go into causing stress fractures. Diet can play an important role in helping to lower the potential for stress fractures. With a balanced diet that contains plenty of calories and calcium, athletes can help decrease their risk for stress fractures and increase their promise for athletic success.

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## WAYS TO INCREASE CALCIUM IN YOUR DIET:

- Make sure to drink at least 3 glasses of milk per day
- Cook with dried skim milk (this can be included in tomato sauces, cream sauces, casseroles)
- Use corn tortillas instead of flour when eating Mexican food
- Use plain yogurt for dips instead of sour cream
- Drink calcium-fortified orange juice

## RECIPE

### BANANA-NUT MUFFINS

Submitted to the Athlete's Cookbook by Mylene Gell, Menden Cottingham Brown, Denver, CO. "Thanks for recipe is here as delicious and hot, it's great anytime (breakfast, lunch, snack)"

- 2 cups Bisquick pancake mix
- 2 egg whites
- 1 cup skim milk
- 2 bananas, mashed
- 2 cups chopped walnuts
- 2 tsp. sugar

Preheat oven to 375-425 degrees. In a large mixing bowl, add Bisquick. Add egg whites, milk and sugar. Stir until lumps are gone. Add mashed bananas and walnuts until they are mixed thoroughly. Pour mixture into muffin tins, and bake for 15 minutes or until golden brown. If you don't like bananas and walnuts, 2 cups of blueberries can be substituted.

Yields: 12 muffins

Tip: The muffins itself are low in fat, but adding the walnuts increases the fat content quite a bit. To decrease the fat, don't use walnuts, or substitute blueberries. Reprinted with the permission of *Good-n-Healthy Inc.* Recipe received from *Good-n-Healthy Inc.* To order the Athlete's Cookbook call USA Gymnastics at 1-800-345-4219 and ask for item #2472 or T24 92.

## HAVE A HEALTH-RELATED QUESTION?

Did you know USA Gymnastics has a Health Care Referral Network? The Health Care Referral Network consists of Sports Psychologists, Nutritionists, Athletic Trainers, and Primary Care Physicians. If you have a health-related question write to USA Gymnastics magazine, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225. We'll have an expert in the referral network answer your question and print the answer in USA Gymnastics magazine. It's okay to submit your question anonymously!



YOU  
HAVE  
MAIL!

## ELITE SPORTSWEAR AWARDED CONTRACT FOR JO NATIONAL CHAMPIONSHIPS

USA Gymnastics announced that Elite Sportswear GK, who has a long standing relationship with the sport, was awarded the sponsorship of the Junior Olympic and grassroots developmental programs of USA Gymnastics from 1998-2000. Under this agreement Elite Sportswear GK will provide apparel for the men's, women's and rhythmic Junior Olympic National Championships and Teams. In addition, they have agreed to sponsor the various grassroots developmental programs of the three disciplines, including the Talent Opportunity Program for women and the Future Stars for the men.

President Sallie Weaver said, "We are so pleased to be able to service this program again because it was always a very special project to us."



## GET EMAIL UPDATES FROM USA GYMNASTICS ONLINE!

By Ruthie Harless,  
USAGG Webmaster

Want to stay informed of gymnastics news on a weekly basis? Subscribe absolutely free to "Announcements" email list for USA Gymnastics Online. You'll receive a weekly update via email providing you with a digested summary of recent updates to the web.

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## THE JOHN HANCOCK ANNUAL INCREDIBLE SANDWICH MAKING EVENT

One day each year at the John Hancock Tower, employees make sandwiches for charity in Boston. This year the 1996 Olympic Gymnastics Team joined the employees of this annual event. The men's team broke the record for making the fastest sandwiches. However, the men's time did not stand long as the women's team came back to beat the men and establish a new record. During the day, the event made 12,000 sandwiches for charity.



## OLYMPIC GYMNAST MIHAI BAGIU BECOMES DADDY A SECOND TIME

Mihai Bagiu was born at home, October 21, 1997, at 2:40 a.m., which was also her due date! She was 10 pounds 2 ounces and 21 inches long. Gabriela, her 2 1/2 year old sister, is

having a great time being Mihai's helper, especially while her dad, 1996 Olympic Mihai, was on the John Hancock Tour of World Gymnastics. Champions! Gabriela is very happy to finally have her new baby sister, after waiting so patiently all those months! Kris and Mihai are thrilled to have their second daughter!



### OOPS

An error was made in the article "How to Get a Head Start on Your Search for a Collegiate Gymnastics Team" which ran in the November/December issue of USA Gymnastics pages 16-17. The capitalized words below were inadvertently left out of the article. Sorry for the confusion!

**BEFORE ENROLLING IN COLLEGE YOU MAY** try out with a professional team at your own expense, receive actual expenses from any professional for one visit per team not in excess of 48 hours; or receive a fee for teaching a lesson in a particular sport."

more gymnastics updates on page 19



# 14KT GOLD CHARMS & EARRINGS



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C. Girl on Bars	\$24
D. Male Pommel	\$24
E. #1 Gymnast	\$19
F. Six Cross Handstand	\$19
G. Split Handstand	\$24
H. Six Cross Handstand Earrings	\$29
I. Man on Rings	\$29
J. S/S w/chain	\$19
K. Female on Vault	\$19
L. Female Pommel	\$19
M. The Loop	\$19
N. S/S w/chain	\$19
O. Circle Ring	\$24
P. S/S w/chain	\$19
Q. Circle Ring Earrings	\$29
R. Olympic Hoop	\$19
S. S/S w/chain	\$24
T. Olympic Ribbon	\$29
U. S/S w/chain	\$24

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Have you ever wondered what top  
gymnasts in the U.S. looked like as  
children? Perhaps you wondered if they  
were always so muscular and lean?

# Scrapbook of Champions

USA Gymnastics has taken photos  
directly from Lindsay Wright's scrapbook,  
Lindsay, who will turn 10 on January 21,  
took them all around at the 1987 John  
Fennell U.S. Olympic Championships and  
was soon famous. Although she qualified to  
compete in the World Championships, she was  
too young to participate according to the FIG  
rules. She was a member of the gold medal  
junior team at the 1987 International Team  
Championships, where the U.S.  
defeated China and Romania. She  
also won the all-around, vault and  
beam at the 1986 U.S. Junior  
Championships in Guatemala.

Take a look  
at Lindsay as  
she was  
growing up!

Three-year-old  
Lindsay loves getting  
dressed up for  
photos—the "friller"  
the dress the bottom!

Lindsay shows  
her stuff in  
ballet class at  
age 5. She  
loved ballet  
and couldn't  
wait to get to  
class.

At age 8,  
Lindsay shows  
off her mom's  
high heels and  
her grandma's  
cowboy hat.

Lindsay, 8,  
has fun  
playing in the  
water at a  
neighborhood  
swim meet.

At her grandparents'  
cabin in Pinetop, Arizona,  
10-year-old Lindsay  
tries to catch a fish.

Seven-year-old  
Lindsay  
plays the  
piano at a  
Christmas  
party.

Lindsay  
dressed up  
like a cat for  
Halloween!

Lindsay is  
currently ranked fifth  
on the Senior  
National Team!

## LINDSAY WRIGHT

Born: Dec.  
Jan. 21, 1987  
Hometown:  
Bend, Minn.  
Gymnastics Team:  
Gle  
Gymnastics Academy  
Coaches:  
Debbie  
Latham,  
Dana Furb  
Figs:  
Gymnastics  
Age 5:  
Ballet,  
Swimming  
swimming  
volleyballing



# EVENT SCHEDULE

(Dates & Events Subject to Change as Confirmed)

## JANUARY 1998

24 NCAA's Gymnastics Cup (M/W/YO) St. Petersburg, FL

## FEBRUARY

13-14 USA Gymnastics Winter Cup Challenge (M)  
14-15 Rhythmic Challenge (M)  
20-22 American Classic Challenge (W)

Houston, TX  
Browns Grove, IL  
Orlando, FL

## MARCH

1-3 FIG Technical Symposium (M/W/YO)  
5-7 Neo American Cup (M/W)  
8 International 3- to 5-Years Championships (M/W/YO)  
27-28 Rhythmic Intl. Team Championships Jr./Sr. (M/W)  
28-29 Level 10 State Meets (W)

Waco, TX  
St. North, TX  
St. North, TX  
Memphis, TN  
Waco, TX

## APRIL

3-5 ISOG Executive Committee & Board of Directors Mtg  
4 NCAA Regionals (W)  
9-11 USA Gymnastics Collegiate Championships (M/W)  
11 USA Gymnastics National Invitational Tournament (W)  
14-16 NCAA National Championships (W)  
18-19 Level 10 Regional Championships (W)  
18-19 J.B. Championships (R)

Portland, OR  
Waco, TX  
TBD  
New City, IL  
Los Angeles, CA  
Waco, TX  
Orlando, FL

## MAY

8-9 USA Gymnastics Executive Committee/Board Meeting  
7-10 J.B. National Championships (M)  
8-10 J.B. Championships (R)  
8-10 Rhythmic Group World Championships I (R)  
9-11 Rhythmic Individual Open (R)  
14-17 Rhythmic Nations Open (R)  
16-17 Level 9 East/West Championships (W)  
17-24 FIG Congress

Indianapolis, IN  
Denton, TX  
Seattle, WA  
Seville, SP  
Long, IL  
Browns Grove, IL  
Lansing, MI/Orlando, TX  
Vancouver, BC

## JUNE

5-7 U.S. Rhythmic (Medicine) Championships (R)  
TBD State Regionals (W)

Colorado Springs, CO  
Various Sites

## JULY

10-12 U.S. Challenge (W)  
10-12 Senior Pacific Alliance Championships (M/W/YO)  
18-Aug-2 Goodwill Games (M/W/YO)  
20-Aug-2 U.S. Classic/National Gymnastics Festival (R)  
TBD Pan American Group Championships (R)  
TBD PACG Junior Championships (M/W/YO)  
TBD State Regionals (Intermittent Only) (W)

TBD  
Winnipeg, CAN  
New York, NY  
TBD  
TBD  
Colorado Springs, CO  
Various Sites

## AUGUST

19-21 John Hancock U.S. Gymnastics Championships (M/W)  
20-21 USA Gymnastics National Congress  
28-29 PACG General Gymnastics Instructor Training Course  
29-31 USA Gymnastics National Congress (M)

Indianapolis, IN  
Indianapolis, IN  
Austin, TX  
Austin, TX

## OCTOBER

3-4 TGP National Testing (W)  
9-10 Global Challenge (M/W)  
10-11 TGP National Testing (W)  
10-11 J.B. Group Championships (R)

TBD  
Orlando, FL  
TBD  
TBD

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# Faces in the gym



## PAIGE NEATA ELKHART, INDIANA

Paige, 7, started gymnastics age 3 at Terry Spencer's Gymnastics in Indianapolis. But due to a family move, she now competes for Gymnastics Inc. in Birmingham, 30, as a Level 3. She first came to the attention of her coaches due to a broken arm and was, however, chosen back strong, scoring a 32.55 on the last event of the season, the Individual Classic, to earn second place all-around. She was the second first all-around with a score of 24.75 on the balance beam.



## KENDAL HAMER DALLA, FLORIDA

Kendal, 3, is a beginning gymnast at her father's own club, Academy Gymnastics and Aerobic Fitness. Even at such a young age, she understands the meaning of "soft landing."

## STEVEN DUNN OCEAN SPRING, FLORIDA

Steven, 12 years old and has been a gymnast since he was about 18 years. He played that all around and on rings in the 1997 Boys' Class B Region 2 Championships in Anchorage, Alaska. Steven has worked very hard and been very successful. He has been awarded 10 Western states and an eastern where gymnasts look for a place to train. He recently moved to Ocean Springs and looking forward to competing this season with a new team at Lake City Gymnastics coached by Scott Satterfield.



## NINA OTERI SUNBELT, PENNSYLVANIA

Nina, 6, moved from her place home to her age group at the level 3 Sunbelt team. April 1997, she scored a 5.0 on vault, 5.40 on bars and 35.15 on the all-around. She trains at Recreation USA Gymnastics Center three days a week and is looking forward to competing Level 6 and News Opened in the 1998 season.



## ALLISON MUNCY LOUISVILLE, KENTUCKY

Allison, 7, is a level 5 at the City Gymnastics Club. She started gymnastics at the age of 4. Under the coaching instruction of Linda Tate-Monahan, Allison won the State All-around Championships title as a Level 4. Allison, nicknamed "Gigi" by her teammates, participated in the Indiana Junior Cup and took first all-around. Allison will be competing as a Level 6 soon. Next year she hopes to be a member of a national team.



## ABBY LAWRENCE CHANEL, INDIANA

Abby, 8, has Level 3 gymnast from Central Gymnastics Academy coached by Chris Jones. She started gymnastics at age 3. Abby won the All-around at the 1997 Junior Cup and other meets before the all-around at the Central show. She 13.12 vault, a score of 38.89. She took first on bars with a 4.43, first on floor with a 5.62, and second on beam with an 8.0. Abby is a 2nd grade at High Elementary in the Louisville, Indiana.



## SUMMER HUBBARD ST. PETERSBURG, FLORIDA

Summer, 5, started LaFleur's Gymnastics in St. Petersburg. She was named as a future star less than two years ago. She started as a level 3 and in a couple years, was promoted to a level 4. In the State West for Day 8, Summer took first all-around, first on bars, second on beam and first on the vault. She will be competing as a level 5 in the 1998 season. Summer trains three and a half hours per day, five days per week under the direction of coach Mary Greenmeyer and Fred Harris. Summer's dream is to receive a college scholarship and be a member of the 2000 Olympic team.



## LATASHA SMITH AUBURN, WASHINGTON

Latasha, 16, was the level 3 State All-around champion in her age division. Before the 1996 season, Latasha only worked out three and a half hours a week. Latasha has only been in gymnastics for about a year, but she has been successful. In the past year, 7.6 on vault, 5.6 on bars, 13 on beam, 1.4 on floor and 37.76 all-around. She finished second in her level. Latasha's greatest achievement comes from being people that she believes she belongs. She trains at Gymnastics Express and has another last year when Doug Hughes and Linda Holt. Gymnastics Express is currently still and looks like.



Would you like to be included in the Faces in the Gym section? Send a recent photo and a paragraph of information to: USA Gymnastics, Faces in the Gym, P.O. American Place, 221 S. Capital Ave., Suite 300, Indianapolis, IN 46225.

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1997

# FUTURE STARS NATIONAL CHAMPIONSHIPS AND COACHES WORKSHOP

By Dennis McIntyre

The 1997 Future Stars National Championships was held at the United States Olympic Training Center in Colorado Springs November 13-16. This was the second year for the Future Stars National Championships, which was held in conjunction with the Men's Coaches Workshop.

This year's competition included the 10-11 age group division as well as a new 12-year-old age group division and featured increased participation from last year. For 1997, 100 athletes qualified to compete at the Future Stars Championships. Not only were the numbers up from last year, but so was the level of routines and skill accomplishment. The coaches and athletes have really been working on the Future Stars skills and routines since last year and it shows.

As with last year, the Future Stars Championships also included a "workshop" for coaches, athletes and parents. Athletes spent half a day in the gym working on basic skills and refinement with members of the Junior National Coaching Staff and the other half addressing subjects such as leg strength and power development, good nutrition, good posture and good gymnastics presentation development. Parents were given a USA Gymnastics Men's Program overview and treated to lectures on sports psychology, nutrition and improving athlete posture. The parents were also given the chance to watch their sons work out and listen to the National Coaching Staff members' up close.

The coaches were scheduled for a two-day workshop. Their sessions included workout planning, sports psychology, posture, strength and power development and selected technical skills on each event. The coaches also had time to spend with their athletes in the gym working with the Junior National Coaching Staff. In all, more than 100 coaches participated in the two-day workshop. Many workshop participants did not have athletes in the Future Stars Championships, they were just present to learn and experience a great competition.

The Future Stars Championships established itself as a great event in its first year. The second year really expanded that tradition. This was an event where saw athletes, coaches and parents coming together in a tremendous learning and motivational environment. The Future Stars Program and Coaches Workshop is about the future and preparing for that future. Based on the enthusiasm and talent which was displayed at this year's event, the future for men's gymnastics is bright indeed.



# 10-11 YEAR OLD AGE DIVISION

RANK	NAME	SCORE	TEAM
1	Wesley Hengessen	82.400	McAlister Acad. of Gyn.
2	Alan Kozar	80.850	Chicago Park District
3	Joseph Weaver	80.150	World City Gyn. Acad.
4	Christopher Brooks	78.650	Cypress Academy
5	Jonathan Horton	77.800	Cypress Academy
6	Jake Vactor	77.200	Hampshire Gyn.
7	Taylor Ingram	76.450	Athletic Horizons
8	Ryan Karsick	74.850	International Gyn.
9	Anthony May	74.600	Capital Gymnastics
10	Michael Feliciano	74.500	Las Vegas Flyers
11	Jason Shen	74.050	Mass. Gyn. Ctr.
12	Ganster Barber	73.800	Gym Force A/C
13	Joshua Weimer	73.300	Wyoming School of Gyn.
14	Eric Varney	73.250	Shirling Academy
15	Brandon Cook	73.200	California Sports Ctr.
16	Adam Gill	72.900	Oregon Gyn. Acad.
17	Ian Jackson	72.800	Central Pa. Acad. of Gyn.
18	Andre Berry	71.650	Flips Gymnastics
19	Ricky Dea	71.350	Mega Gymnastics
20	Daniel Howe	71.300	Las Vegas Flyers
21	Brandon Pines	70.850	Northshore
22	Christopher Silcox	70.600	So. Texas Gyn. Acad.
23	Ralph Russo	70.600	Pro Gymnastics
24	Christopher Harper	70.500	World City Gyn. Acad.
25	Phillip Goldberg	70.300	Tenn. Acad. of Gyn.
26	Andrew Carlin	70.100	Team Central
27	Nathan Bilalovics	69.850	Brown's Gymnastics Metro
28	Christopher Higgins	69.800	Cypress Academy
29	Art Wallace	69.350	Achian Gymnastics
30	William Paulin	69.150	Hampshire Gymnastics
31	Ian Pastorek	68.700	Albuquerque Gyn. School
32	Thomas Buse	68.450	San Country

# 12 YEAR OLD AGE DIVISION

RANK	NAME	SCORE	TEAM
1	Steven Wang	80.800	USA Gymnastics World
2	Brian Clark	79.100	Gym Force A/C
3	Brandon Whitten	78.150	Randall's Gymnastics
4	Cody Bjornessen	77.700	USA Gymnastics World
5	Wade Knox	76.250	So. Texas Gyn. Acad.
6	Tyler Yanouchi	76.000	Gym Masters
7	Derek Longene	75.850	Kaylone Gymnastics
8	Naah Taylor	75.750	Coastside Elite
9	Jason Perez	75.250	Apache Gymnastics
10	Kendall Cleveland	74.750	Brown's Gymnastics Metro
11	David Sander	74.750	Buffalo Grove
12	Geoff Weger	74.750	High Sierra Gymnastics
13	Christopher Adams	73.900	Buffalo Grove
14	Howie Strick	73.850	Rancho Calif. Gyn.
15	Jason Weber	73.350	Gymnastics Plus
16	Carita Wang	72.100	Soldiers
17	Sean Quicke	71.600	California Sports Ctr.
18	Mark Lowery	70.725	Gymnastics Plus
19	Tina Adams	70.600	California Sports Ctr.
19	Joshua Goldstein	70.600	So. Texas Gyn. Acad.
21	Cosay Mizulek	70.500	Buffalo Grove

\*Ties are shown in italics to save space.

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# POSTURE AND ALIGNMENT... THE NEW COMPULSORY ROUTINES

By Tom Kell  
Women's Junior Olympic  
Program Chairman

The major theme that continues to run through the new compulsory program is posture and body alignment. As judges and coaches, we often hear people talking about posture and body alignment. What is good posture? How do judges deduct for bad posture? Do judges deduct for incorrect alignment every time they see it, or just on major elements? Many specific deductions have been written to help keep the eyes of both the coaches and the judges to look for and recognize correct body positioning.

The best explanation that I have heard to describe good posture and body alignment is "Straight is Great." Even when a gymnast is simply standing, there should be a straight line from her head to her feet. One needs to understand that there are different body structures that will stay slightly from that pure line. Powerful buttocks muscles will show a more "rounded" buttocks as opposed to gymnasts that have flat buttocks. As a gymnast develops from her "fatiggy" figure to that of a young lady, it will be important to realize that a well-developed figure with more curves can still show a straight back and good posture and alignment.

Deviations from good posture and alignment often occur for many reasons, including lack of strength, flexibility, or many times a lack of body awareness. Let's start from the feet and work up and point out different critical points that lead to proper alignment and good posture.

## 1. THE FEET

In the new JO Compulsory program, the JO Committee has placed a great deal of emphasis on a tight heel (toed legs on the toes) position. It is so strong to put a simple understanding of this, we decided succinctly in the text how many lines to count. "Before with the feet at the front feet pressed against the front of the back foot" is the position, coaches and judges should look for a straight line from the ball of the foot up through the ankle. The heel should be lifted as high as possible, not hollow. There is a general deduction of up to 0.10 each time the gymnast does not show this position during toe and foot touching when required.

## 2. THE KNEES

Before stated an "old" theme on the knees, the knees should be straight in a standing position. A gymnast's flexibility is the knee during flight of the legs will have a great deal to do with whether or not her legs are completely extended. Tight hamstrings will often lead to bent legs, which leads to deductions.

## 3. THE HIPS, ABDOMINALS, AND THE PELVIS

This is the area of the body where most of the problems occur. After teaching and judging for many years, I've observed that many times the gymnasts are not aware that they are standing with their "bait and gate out." This needs to be instantly corrected on a daily basis. We will hear many coaches say "hips flat, pelvis ahead, ankles, etc." In many instances, the hip flexor muscle in the front of the leg is so tight that it causes the pelvis to tilt and consequently pushes the legs back. A consistent flexibility program of stretching this muscle will help with the problem. The pelvis should be straight with the ribs almost pulled in to emphasize this line.

## 4. THE RIB CAGE

I really do not understand why pointing for rib cage out (flared), and sticking the buttocks out has become such a popular thing to do. Many top international performers do this every time they present to the judges as well as during their routines. This is NOT correct posture. If they have checked any dance or art, I'm positive that this could not have been taught by a dance teacher. Besides to say this "honey little flar" has trickled down to our young athletes and has created ingrown posture problems. In a straight body position, the ribs should be pressed together and down (not sticking out with an arched back) so as to create a flat straight line.

## 5. THE SHOULDERS

New deductions have been added to help judges see what the shoulders should be doing when showing good posture. The shoulders should be pressed down and wide. They should not be pulled back causing the shoulder blades to pinch together. We should they be rounded forward like a "rollin'" position on the toes. They need to be able, open, and pressed down. When the shoulders are pressed down, the neck will appear longer and the gymnast will have a taller, lighter, more elegant appearance.

## 6. THE HEAD

Too often a gymnast performs a new leap with good height and extension but also a strong down at the floor. The feet should be lifted with the neck back. Generally, the focus should be slightly above eye level. There are many times in the new compulsory exercises where there is no motion of the head at all. In these cases, the gymnast is allowed to look wherever she wants. However, good alignment during this optional time is still required.

Good posture and alignment is essential throughout the entire routine, from the beginning pose to the finish. The deductions is listed on page 137 of the new compulsory book, and it states, "Incorrect body alignment, position, or posture—Up to 0.20 each." The WJC clarified deductions regarding this issue, however body alignment, position, or posture during major elements is up to 0.20. Incorrect body alignment, position, or posture during connections is a general deduction for the whole exercise of up to 0.20. As a judge, during the connections, I used to put a "P" on my paper if a gymnast had bad posture during connections. At the end of the routine, I count up all the "P's" on my paper and double that total was the error and apply the appropriate deduction.

In closing, I would like to encourage judges to work with the coaches and gymnasts at clinics, workshops, or even their gym, working together to improve good posture and alignment is what is needed. Only through this collaboration and "meeting of the minds" will our gymnasts benefit.



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By Lynn Pascoe

**A**licia Albe, Tara McCargo and Meghan Muller represented the U.S. at the Rhythmic World Championships, Oct. 22-26 in Berlin, Germany. The trio earned their positions at a selection camp held in Chicago.

Top U.S. finisher Muller finished 37th all-around out of 159 in the individual qualifying competition at the Rhythmic World Championships, just missing the all-around finals by two positions. The top 30 gymnasts, with a limit of two per country, advanced to all-around finals. Muller scored a 9.329 on rope, 9.262 on hoop, 9.341 on clubs and 9.266 on ribbon.

Muller, 19, is from Roswell, Ga., and trains at Atlanta International Rhythmic Gymnastics with her coach, Marina Davidovich. Muller began her career as an artistic gymnast in 1986, but crossed over to rhythmic in 1993 after a shoulder injury. She has competed in two international events in 1997, placing 29th all-around at the 30 International Tournament of Thoiry in France, then won the bronze medal with John Roethlisberger and Shannon Miller at the International 3-on-3 Gymnastics Championships in Fort Worth, Texas.

Ukraine's Elena Vitrichenko carried the all-around title with a 29.90. Vitrichenko was followed by Russia's Natalia Ivanova and Yana Rudykova.

Albe, 20, finished 54th all-around scoring 9.016 on rope, 9.033 hoop, 9.328 clubs, 9.237 ribbon and 36.814 all-around. Albe is from Rockville, Md., and trains at Rhythmixx Gymnastics with her coach Catherine Yakimovich. A veteran of international meets since 1990, Albe won the individual all-around at the 1996 African Championships in Nairobi, Kenya. At the 1997 U.S. Rhythmic National Championships in Houston, she shared the gold medal in clubs, took the silver in rope and was fifth in the all-around.

Continued on page 24

# Rhythmic World Championships

MICHAEL ALBE

MEGHAN MULLER

TARA MCCARGO



END WORLD continued from page 75

McCaro, 15, finished 58th with scores of a 9.00 on rope, 9.100 on hoop, 9.416 on club, 9.083 on ribbon and 34.627 in the all-around. McCaro is from Jacksonville, Fla., and trains at United Gymnastics Academy with her coach Nina Martz. McCaro began rhythmic gymnastics in 1998. She made her international debut in 1993 at the 1988 Competition Cup in Mexico City, where she swept the gold medals, winning the all-around and all four apparatus. In 1996, she was fifth all-around at the Australia Championships and was part of the silver-medal team at the Junior Pan American Championships in Guatemala. She placed eighth in the all-around at the 1997 U.S. Rhythmic National Championships.

The U.S. finished 21st in the team competition out of 40 teams during the qualifying round of competition. The top eight teams advanced to finals with Russia, Belarus and Ukraine winning the medals, respectively. The top eight gymnasts on each event advanced to event finals. Botynchikova and Vlaschenko tied for first in rope with a 9.950. Botynchikova took first in hoop with a perfect 10.00. Vlaschenko also won gold in club and ribbon with scores of a perfect 10.00 on each.

RESULTS ON PAGE 37

ELENA VLASCHENKO—WORLD CHAMPION



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The John Hancock Tour of World Gymnastics Champions began in September and concluded in November. The tour included all the big name gymnasts like Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique

Hacoma, Joycie Phelps, Kim Zmeskal, Svetlana Bogumskaya, Jessica Davis, Gregg Gullis, Mihail Bogus, John Macready, John Roethlisberger, Kip Simons, Chaimy Umphrey, and Boime Wilson.

Also, a big thank you goes to all the USA Gymnastics Member Clubs who worked together in their cities to coordinate the preschool portion of the tour. Three to six clubs worked together in most of the cities!

The tour was well received and much enjoyed by spectators all the way from the first stop in Miami to the last stop in Pittsburgh.

We thought it would be fun to put together a scrapbook of photos from some of the tour stops along the way!



Four Boys' Liberty Company dancers from the first string perform in the "Hercules" routine during the tour.



Jessica Davis' rhythmic routine was filled with beauty, grace and power.



Long Johns' rhythmic routine was filled with beauty and grace and was very well received in the first string during the tour.



The "Hercules" routine was a great success in all the cities along the tour.



Kim Zmeskal's routine was a great success in all the cities along the tour.



David's first routine was a great success in all the cities along the tour.

Shannon Miller's routine was a great success in all the cities along the tour.

John Hancock's routine was a great success in all the cities along the tour.



John Hancock's routine was a great success in all the cities along the tour.





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# THE TEXAS TRIO

## JUNIOR NATIONAL CHAMPIONS

By Lynn Pressak

**W**hat do Marline Stephens, Sean Townsend and Raj Bhavsar have in common? They all live and train in Houston and they all became Junior National Champions at the 1997 John Hancock U.S. Gymnastics Championships.

We asked the three Junior Champions to write a diary and let us know what they do during the day and especially at gymnastics practice. Here's what we found!



# RAJ BHAVSAR

**Champion & Residence:** Houston, Texas  
**Date of Birth:** September 7, 1988  
**Club:** Team Ogden  
**Coaches:** Bill Foster  
**Results:** 1997 Junior National Champion  
14-15 age group

**Champion & Residence:** Houston, Texas  
**Date of Birth:** September 7, 1988  
**Club:** Team Ogden  
**Coaches:** Bill Foster  
**Results:** 1997 Junior National Champion  
14-15 age group



# MARLINE STEPHENS

**Champion & Residence:** Houston, Texas  
**Date of Birth:** August 2, 1987  
**Club:** Team Ogden  
**Coaches:** Bill Foster  
**Results:** 1997 Junior National Champion  
14-15 age group

# SEAN TOWNSEND



**Champion & Residence:** Houston, Texas  
**Date of Birth:** January 23, 1979  
**Club:** Team Sports East-Southwest  
**Coaches:** Gary Warden, Steve Edwards  
**Results:** 1997 Junior National Champion  
14-15 age group

# MARLINE STEPHENS' DIARY

## TYPICAL DAY

6:05 a.m.

7:00 a.m.

7:35-12:00

12:30-3:00

7:45 p.m.

10:00 p.m.

Woke up and got ready for school

Mom drove me to school on her way to work

School

Gymnastics

Ice skis, eat dinner and start homework

Sat

## MONDAY

I train with my six teammates and three coaches. We begin our workout with 30 minutes of running, jumping and general stretching. Then, our group joins the morning group for conditioning and basics on floor and trampolines. This week our circuit is done twice with two girls per station. It includes:

### CIRCUIT

- #1 Rope climb up and down 3 times
- #2 20 Planché dips
- #3 1 minute V-ups
- #4 30 reverse sit-ups
- #5 30 hip adductions over the horse
- #6 20 pommel pike
- #7 20 handstand pushups
- #8 10 single leg wall jumps

We do double fronts, double backs and our own special skills on the tramp in the bungee. I do skills for my full twisting double layout and double fulls for my vault. Our conditioning concludes with another stretch before our workout begins.

My group of three girls goes to beam for an hour. The other group goes to bars. We're doing skill training right now on beam. I have to make 10 mounts (round off layout), 10 flight cases (layout, layout), 10 dismounts (flip flop, flip flop, double back), and leap series. I also work on one skills like a full-in dismount and different series.

My group goes to bars next for an hour. I begin with a warm-up of cast handstands, clear hip flares, and other circle work. My workout will consist of doing 10-15 of each motion of my own routine. I'm working: Handstand, toe shoot, pommel work. We have bar bar catches while we wait.

Next, my group goes to vault for an hour. I'm working this new horse flight. I do about 20-25 vaults (timers, layouts, full, one-and-a-half). We have 3-5 skill stations on our way back to the vault runway. They include: roundoff skills, leg kicks, head kicks.

My group finishes the last hour on floor, which is my favorite event. Half of our group works tumble track and the other half works dance through. We have to do eight of each of our passes. I do a full twisting double layout

and double front. I also work other combination passes.

## TUESDAY

I go straight from school to the Sports Medicine Center for physical therapy on my shin. Today Jimmy Riggs was in the gym and we concentrated on basic swing on bars with lots of drills. On beam we spent time working near dance combinations for bars and drilling new skills. Vault was back to the basics with lots of drills. We did a light plyometric workout and then stretched.

## WEDNESDAY

Today we did lots numbers and concentrated on special skills. Also, we did more basics in the bar straps for long range skills.

## THURSDAY

Mariel Greenfield came in to work with us for three days. Mariel helps me a lot with my self-confidence on vault event. Put Mariel with our coaches, Debbie and Dawn, and we work hard! I was really tired today.

## FRIDAY

Gym today was fun. It was a different daily schedule with lots of fresh ideas to consider. We conditioned and trained only three events. We didn't vault today. Floor training was concentrated on working on the set position both forward and backward and again working for long clear flip flaps. Since I did some new things alone and that made me feel good. Beam is beam—needs lots of work everyday!

## WHAT'S NEXT?

My next competition is the American Classic in February. I'm looking forward to becoming a senior but I know it will be difficult because I've only been an elite for only year. I will continue to train and take one day of a three.

Marline and her family

Marline concentrates on a pommel



# SEAN TOWNSEND'S TRAINING SCHEDULE

The summer training schedule was a little different because there was no school to worry about. I'll give an example of both a "Summer Week" and a "School Week" training schedule.

First of all, my coach breaks down my weekly workouts according to a peak schedule. Every four weeks is a cycle, and each cycle consists of a light, medium, heavy and light week. The amount of strength and routines I do depends on which week it is. Here are the number of routines for each week:

	LIGHT	MEDIUM	HEAVY
Overall	1-2	2-3	3 w/ 3 elements
Floor	2-3	3-4	5-6
Parallet Walls	1-2	2-3	3
Rings	3-4	5-6	6-8
Vault	1-2	2-3	3
P-Bars	1-2	2-3	3
High Bar			

The amount of strength I do is the same as the routines load (if it's a heavy week I do heavy strength). In the summer we had two hour morning workouts. In the summer we had two hour morning workouts twice a week. The morning workouts consisted of strength and body positions. I did a lot of specific strength in the morning. Like my Maltese strength. I really wanted to run a great Maltese for Championships, so my coach and I concentrated on this skill.

For Championships, I went through two four-week cycles. During the cycles my coach had increased routines scheduled to one hour my routines were coming along. About two weeks before Championships the workload went down and the intensity went up. I had three intersquads during these two weeks and I tried to think of them as if they were Championships.

Everyday I try to come in relaxed and focused on what I need to do. I think it helps a lot to have each week's plan drawn out, then I know exactly what to expect and how much I will have to do each day. Even if I am having a rough workout I will get through it because I know what my goal is and I know I'll have to get through this day in order to reach my goal at the end. Also, my team-mate Michael Evans and I would encourage each other especially during tough days and intersquads.

Typical week now that I'm back in school:

## MONDAY & FRIDAY

7:00-9:00  
9:00-1:00

School  
Workout

Warm-up with running (15 minutes) light condi-

tioning, stretch and body position work for one hour, then floor, parallet bars, and still rings—2 to 3 routines on each, pairs or triples on the

Sean doing all his National Competition warm-ups



Sean and his coach, Bob



other three events, then maintenance strength at the end.

## TUESDAY & THURSDAY

9:00-10:30  
2:00-6:00

School  
Workout

Warm warm-up on floor, then vault, parallel bars, and high bar—2 to 3 routines, pairs or triples on the other three events, then very hard strength for about 45 minutes.

## WEDNESDAY AND SATURDAY

7:00-2:00

Workout

Workouts are light these days. I work on problems now.

## WHAT'S NEXT?

I'm currently training for an International Competition in Minsk, Belarus. It's currently three weeks prior to the meet and I'm in a medium routine week. Basically I'm doing 1-3 routines on each event four times a week. I will also have an intersquad meet this week and next.

# RAJ BHAVSAR'S DIARY

## TYPICAL DAY

7:00-8:00	School
8:00-9:00	Home
9:00-7:00	Gymnasium

## RAJ BHAVSAR'S TRAINING SCHEDULE

### MONDAY

Our practice work consists of some trapezoid and minitraps, basic swing on parallel bars, circles on pommel horse, handstand work on rings and flexibility. My first event was high bar. I warmed up and hit two routines real quick. Then went on to problem solve, especially on my Geras, in early pommel, and a double layout dismount. My knees were sore so I could only do five audits in training. I did one handgrip, two layout Takahara, and two Takahara fulls. I went to home and warmed up. I hit two quick routines and went to work on my Budzinas (1/2 Megay, 1/2 Shudo travel). At 6:30 I did some strength work, fed my knees, stretched, goofed around with the other guys on the Junior title I hear and went home.

### TUESDAY

Everything was pretty much like Monday. Our three events today were parallel bars, floor and rings. I hit my first two sets on each event and then worked on skills. I did a couple of extra triples off dips and a few extra giant to pike double back on parallel bars. I only did 1/2 sets on floor because of my knees.

### WEDNESDAY

This was a problem solving day. It started the same as Monday, then I went to high bar where I worked on my Geras, free tip Higgins to inserts, and my dismount. I went to floor, but I only did a little because of my knees. I worked on my triple back dismount on rings. After I landed three, I worked a little bit on other stuff. I spent some time on parallel bars working on my inverted giant and Shudo to one rail. I stayed off pommel horse to rest my wrists. We ended practice with flexibility.

### THURSDAY & FRIDAY

The same as Monday and Tuesday. It's kind of strange, now the second part of the workout seems to be hitting those two routines at the beginning. The routines have to be good though or I have to do them again. For me, the hardest part of training is just getting started. I do it (from hard) because I want to do well at the National Championships. It's also helpful having all the guys around in the gym. They all help me stay positive and motivated. They keep me from getting too down about the work. They make it fun to be there.

### WHAT'S NEXT?

Right now I'm looking for an International Competition in Minsk, Belarus. My schedule is about the same as it was for the National Championships, but I have no extra problem solving workout on Saturdays. I'm doing two full routines (the first routine with two extra dismounts) plus one of each 1/2 of our events. Strength has been pretty heavy up to this week. I'm looking forward to competing in Belarus.



By Leon Porech

## USA GYMNASTICS

asked

**KRISTY  
POWELL,  
VANESSA  
ATLER** and  
**BLAINE  
WILSON,**

the 1997  
National  
Champions,  
to share  
with us their  
conditioning  
secrets of  
success. As  
you probably  
expected,  
they all think  
that condition-  
ing is very  
important to  
their training!  
Here are the  
exercises that  
they think have  
been most  
beneficial!



## CONDITION WITH THE CHAMPIONS



By Leon Ptaszek

## USA GYMNASTICS

asked

**KRISTY  
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## CONDITION WITH THE CHAMPIONS

# CONDITION WITH THE CHAMPIONS

## Vanessa Adler



### BODY LEVERS

With your neck on the ground in a conedstick position, hold onto a pole and lower down, again without breaking your straight body (hollow) position. Hold your feet above the ground for about 7 seconds and then go back up again. I do 3 sets of 5. You can really feel this exercise in your stomach area.

### REVERSE LEG RAISES

Lie on your stomach and raise one leg at a time and lower it. Make sure you go slow on the way down and fast on the way up. Don't forget to work both legs. I use 10 lb. weights and do 3 sets of 20. This is great for your legs, especially if you use a lot of weight on your ankles.



### BAR LEVERS

Bring your chin above the bar, lift in a hollow body position to vertical position. Return to the upright position with chin above bar and repeat. I do 3 sets of 6. You can feel your arms burn after this exercise.



### BICYCLE KICKS

Lie on your back with hands behind head. Kick your legs in and out touching your right elbow to your left knee and your left elbow to your right knee. This exercise works your stomach and is kind of fun.

# CONDITION WITH THE CHAMPIONS

## Kristy Powell



### REVERSE LEG DROPS

Begin by sitting in a pike position on the floor. Put your hands on the floor behind your rear. Fingers should face your legs. Have a partner hold your heels. Push out of shoulders and hips to get as much extension as possible. Have your partner drop one leg at a time, every time returning back to the position you started from. This exercise will work your lower stomach, hip flexors, and lower back. I do 2 sets of 20.

### LEG DROPS

Start in a push up position and have a partner lift your legs. The partner should hold at ankles and drop one leg at a time, every time returning back to the position you started in. You will feel this exercise in your hamstrings and rear. I do 2 sets of 20.



### ALTERNATE ARCH-UPS

Start out by lying over the vaulting horse on your stomach. Have a partner hold your legs. The end of the vault should be at the hips. Put your hands on your head and lift your body hollow and then go back down. This exercise should work your lower back and hamstrings. I do 2 sets of 20.

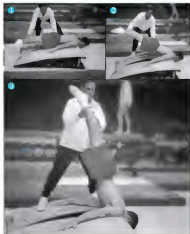


### V-UP STRADDLE UP

Start by lying on your back on the floor. Lift upper body and legs to make a V. Then go down to a hollow position. V-up again only this time straddle your legs and reach arms between legs. Go back down to hollow again. You will feel this in your stomach and hip flexors. I do 3 sets of 20.

# CONDITION WITH THE CHAMPIONS

## Blaine Wilson



### MALTESE HOLD

Using two vaulting boards, lie across the boards in a Maltese position. With a spotter, press your body towards a handstand and slowly lower to a Maltese and hold for three seconds. I do three sets of four, at least three times per week.



### STRENGTH HOLDS ON RINGS

With the use of a spotter or a crutch on the rings, hold a Maltese position for three seconds, press to a planche and again hold for three seconds. I do three sets of three, at least three times per week.

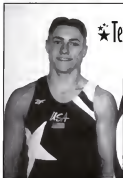
**NOTE:** These exercises may be difficult for you at first. You may need extra spotting until your strength develops. It's important that you work as hard as you can to hit the proper position.



### PLANCHE TO HANDSTAND

From an "L" position on the parallel bars, swing through the planche position to a handstand. Use as little swing as possible and keep your body tight throughout the entire movement. I do three sets of five, at least three times per week.

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2 Time World Championship  
Team Member



**Svetlana Boguinskaya**  
World All-Around Champion  
Olympic All-Around Champion  
3 Time Olympic Gold Medalist  
2 Time European Champion

**Sean Townsend**

Jr Elite 1 National All-Around Champion



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Svetlana Boguinskaya, Isabella Stedrova, Kristin Thomas  
Sr National Team Members: Kaitlin Bryant, Kasey Beck,  
Katie Fontaine, Lindsey Wigg

## ACTIVITIES

CLIMBING WALL, BEACH VOLLEYBALL,  
SWIMMING, ROPES COURSE,  
NATURE TRAILS, HORSEBACK RIDING,  
SINGING, GAMES, BASKETBALL,  
SOFTBALL, CANOEING, DANCE,  
BUNGEE TRAMPOLINE, JACUZZI,  
EARTH BALL, GROUP CHALLENGES



**John Roethlisberger**  
92 & 96 Olympian  
4 Time USA Champion  
3 Time NCAA Champion

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PO BOX 179  
DALLAS, TX 75222

\*Coaches attendance due to learning schedule



## 1997 RHYTHMIC WORLD CHAMPIONSHIP TEAM ROSTER

NAME	MANAGER	CLUB	BOYFRIEND
Alexa Allen	Georgetown, Md.	Rhythmic Expressions	May 23, 1987
Lee McCall	Atlanta, Ga.	Dinah Spectra	March 21, 1987
Regina Miller	Barnett, Ga.	Melanie Stephens Expressions Series	April 14, 1987
Junior: Nicole Brinkley, Rachel Lee, Alexia Horton, Mary Johnson, Lisa Catherine Williams, Georgetown, Md.			
Judy: Kara Lee, David Hall			



The USA delegation included such new faces as Rachel, coach Allison, and coach Kelly. Party time was in the gymnasium. Alex, Lisa, and Mary. McCall, and Regina Miller.

### TEAM FINALS

1. Russia	18.400
2. Belarus	18.344
3. Ukraine	18.272
4. Georgia	18.160
5. Bulgaria	18.072
6. Italy	17.936
7. Spain	17.912
8. Japan	17.872

### ALL-AROUND

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65
4. Lyudmila Zhukova	18.55
5. Nana Dzundua	18.50
6. Lyudmila Zhukova	18.45
7. Zina Zhukova	18.40
8. Ekaterina Kravchenko	18.35
9. Nana Dzundua	18.30
10. Lyudmila Zhukova	18.25
11. Zina Zhukova	18.20
12. Ekaterina Kravchenko	18.15
13. Nana Dzundua	18.10
14. Lyudmila Zhukova	18.05
15. Zina Zhukova	18.00
16. Ekaterina Kravchenko	17.95
17. Nana Dzundua	17.90
18. Lyudmila Zhukova	17.85
19. Zina Zhukova	17.80
20. Ekaterina Kravchenko	17.75
21. Nana Dzundua	17.70
22. Lyudmila Zhukova	17.65
23. Zina Zhukova	17.60
24. Ekaterina Kravchenko	17.55
25. Nana Dzundua	17.50
26. Lyudmila Zhukova	17.45
27. Zina Zhukova	17.40
28. Ekaterina Kravchenko	17.35
29. Nana Dzundua	17.30
30. Lyudmila Zhukova	17.25

### ROPE

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65

4. Lyudmila Zhukova	18.55
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27. Zina Zhukova	17.40
28. Ekaterina Kravchenko	17.35
29. Nana Dzundua	17.30
30. Lyudmila Zhukova	17.25

### HOOP

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65
4. Lyudmila Zhukova	18.55
5. Nana Dzundua	18.50
6. Lyudmila Zhukova	18.45
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27. Zina Zhukova	17.40
28. Ekaterina Kravchenko	17.35
29. Nana Dzundua	17.30
30. Lyudmila Zhukova	17.25

### CLUBS

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65
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### RIBBON

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65
4. Lyudmila Zhukova	18.55
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18. Lyudmila Zhukova	17.85
19. Zina Zhukova	17.80
20. Ekaterina Kravchenko	17.75
21. Nana Dzundua	17.70
22. Lyudmila Zhukova	17.65
23. Zina Zhukova	17.60
24. Ekaterina Kravchenko	17.55
25. Nana Dzundua	17.50
26. Lyudmila Zhukova	17.45
27. Zina Zhukova	17.40
28. Ekaterina Kravchenko	17.35
29. Nana Dzundua	17.30
30. Lyudmila Zhukova	17.25

### ROPE

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65
4. Lyudmila Zhukova	18.55
5. Nana Dzundua	18.50
6. Lyudmila Zhukova	18.45
7. Zina Zhukova	18.40
8. Ekaterina Kravchenko	18.35
9. Nana Dzundua	18.30
10. Lyudmila Zhukova	18.25
11. Zina Zhukova	18.20
12. Ekaterina Kravchenko	18.15
13. Nana Dzundua	18.10
14. Lyudmila Zhukova	18.05
15. Zina Zhukova	18.00
16. Ekaterina Kravchenko	17.95
17. Nana Dzundua	17.90
18. Lyudmila Zhukova	17.85
19. Zina Zhukova	17.80
20. Ekaterina Kravchenko	17.75
21. Nana Dzundua	17.70
22. Lyudmila Zhukova	17.65
23. Zina Zhukova	17.60
24. Ekaterina Kravchenko	17.55
25. Nana Dzundua	17.50
26. Lyudmila Zhukova	17.45
27. Zina Zhukova	17.40
28. Ekaterina Kravchenko	17.35
29. Nana Dzundua	17.30
30. Lyudmila Zhukova	17.25

### ROPE

1. Zina Zhukova	18.80
2. Ekaterina Kravchenko	18.75
3. Nana Dzundua	18.65
4. Lyudmila Zhukova	18.55
5. Nana Dzundua	18.50
6. Lyudmila Zhukova	18.45
7. Zina Zhukova	18.40
8. Ekaterina Kravchenko	18.35
9. Nana Dzundua	18.30
10. Lyudmila Zhukova	18.25
11. Zina Zhukova	18.20
12. Ekaterina Kravchenko	18.15
13. Nana Dzundua	18.10
14. Lyudmila Zhukova	18.05
15. Zina Zhukova	18.00
16. Ekaterina Kravchenko	17.95
17. Nana Dzundua	17.90
18. Lyudmila Zhukova	17.85
19. Zina Zhukova	17.80
20. Ekaterina Kravchenko	17.75
21. Nana Dzundua	17.70
22. Lyudmila Zhukova	17.65
23. Zina Zhukova	17.60
24. Ekaterina Kravchenko	17.55
25. Nana Dzundua	17.50
26. Lyudmila Zhukova	17.45
27. Zina Zhukova	17.40
28. Ekaterina Kravchenko	17.35
29. Nana Dzundua	17.30
30. Lyudmila Zhukova	17.25



The gymnasts take a break in between routines. From left to right: Zina Zhukova, Ekaterina Kravchenko, Nana Dzundua, Lyudmila Zhukova, and Zina Zhukova.

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Gymnastics is a privilege granted by USA Gymnastics. That privilege can be withdrawn by USA Gymnastics at any time where a member's conduct is determined to be inconsistent with the best interest of the sport of gymnastics and of the athletes we are serving.

The following former professional members have had their membership with USA Gymnastics terminated and will not be allowed to renew their membership:

Charles Theodore Bates MN  
Vince Brown SC  
Larry Dukh ME  
Matthew H. Erickson WA

William Alexander Ethridge TN  
Rick Fawcett CA  
Joseph Fountain MD  
Roy Larry Gallagher RA  
Robert Allen Garner (Bob) TN  
Ricardo "Chico" Goodard NY  
Robert Dean Head KY  
Frank Holmes, Jr. PA  
Mike Hirsch CA  
Dana Koppendrover FL  
John S. Moore WV  
William Messinger MN  
William M. Pommeroy FL  
John H. Row DE  
Steve Shirley MO  
Blake Steven Stern UT  
Mark Swift FL  
Freddie Eugene Tokyo, Jr. CA  
Jon Oliver VA  
Kenneth Thomas VA

Brent Teather WA  
Joel Velasquez OR  
David Paul Wages OR  
Steve Waples TX  
Iyl Christian MN  
Wildenberg MN

## BRITISH COLUMBIA GYMNASTICS ASSOCIATION SUSPENSIONS

USA Gymnastics has been notified that the British Columbia Gymnastics Association has permanently suspended membership in the BCGA for the following individuals:  
John Henderson, Kamloops, BC Canada  
Donald Ray Mathley, Langley, BC Canada  
Wayne Andrews, Courtenay, BC Canada

## SUMMER CAMP KEEPSAKE

The March/April issue of USA Gymnastics will be the **SUMMER CAMP** issue. We'll include a Summer Camp Directory plus articles on what is going to camp and why camp is important to the gymnast's development in the sport. In addition, we'd like to print a **Summer Camp Keepsake** section where you send in your fun memories and photos from summer camp. Send your great memories and photos quick because time is running out!

Send your camp memories and photos by Feb. 1 to:  
USA Gymnastics magazine  
Summer Camp Keepsake  
Four American Plaza  
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Indianapolis, IN 46225

If you would like your photos returned, please send a self-addressed stamped envelope.  
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## CHALK TALK

**Star GYMNASIUM MOMENTS**  
I'm 12 years old and I train it.  
Gymnastics World in Ohio. I started  
gymnastics when I was 4 and I still  
love it. I have a black cat home and I  
love to go to school. I have always had  
my favorite Olympic games. My  
father's birthday is the same as  
Joan's and he's turning 54.  
Gymnastics how did you first looking in  
the Olympics? I want to be in the  
Olympics some day too. What's  
your year last month?

Dear Sarah,  
How, that's great that  
your brother has the same  
birthday as me. I'm honored  
that I'm your favorite  
grandson. The Olympics  
was great. It was the most  
exciting moment of my life  
and one I will always  
remember. I hope one day  
you can make it there too. I  
have a few best friends—  
Jayce Flanagan and Jessica  
Davis are my best friends  
from the gymnastics world.

[illegible]

Dear Linda,  
I'm glad you liked my book,  
*Heart of Gold*. I just com-  
pleted my second book called  
*Loading on My Feet &  
Slory of Dreams*. When I  
was growing up, Mary Lou  
Kenton gymnast was Olympic  
medalist. Her, my brother  
& sister were in gymnastics.  
It's why I got involved. I  
love lots of fun in gym-  
nastics and school. Work hard

Dear SAMANTHA MILLER,  
 I'm 37 years old and a Lesbian  
 & gayman. How old do you  
 have to be to sit in the  
 Dystopian?  
 Aloha Debra  
 Honolulu, HI

Dear  
Alaba,  
You meet here 14 in the  
year of the Olympic Games  
to be able to compete.

**Dear JOE M. MANDERAK:**  
Do you still plan on going for the  
Diploma in Cycling? I think you  
should. Your double legged on the  
Sole is great. I wish  
I knew you had stu-  
died each a high skill  
level for so long. What are  
your plans for the future?  
What are your favorite  
things?  
Attn: Joe M.  
Manderak,  
Manderak,  
Manderak

**Dave Bailey:**  
I plan to help the USA win a medal in the 2000 Olympic Games! I attend the University of Colorado in Colorado Springs. My shoulder has been very sore the last two years. I need some time to get it back to 100 percent so I can learn new skills. I enjoy spending time with my family, friends and teammates.

If you have a question or comment, send it to:  
**AAA Gymnastics**  
 Club Info.  
 P.O. Box 1000, Plaza,  
 201 S. Capital Avenue,  
 Suite 300,  
 Indianapolis, IN 46202

[illegible]

Carl G. Gierard, Treasurer

Shannon

Miller

World Kennedy  
Age 1

Dana White, Lumberton, NC  
Age 18

Chen et al.

Dear COACHES:  
NOCE-HA!  
I know you have  
thousands of coaches  
and gatts. How do  
you like your new  
coach and do you  
miss Gola?  
Sara Wilson  
Lumberton,  
N.C.

Dear Dave,  
I'm training both in Hines, Texas, at Kurt Thoner's School of Gymnastics and Kurt is my coach. I also train in Hines at my gym AGS (American Gymnastics Inc.). I like Kurt, it's a good change for me. I needed someone to push and motivate me. I do miss Rob. He is one of the best in the world!

Ronald L. Smith,  
University of California, Calif.

The diagrams illustrate four types of roof trusses:

- Floor:** A truss with a horizontal floor beam at the base and a vertical post supporting the roof.
- Raft:** A truss with a horizontal floor beam at the base and a vertical post supporting the roof.
- Batt:** A truss with a horizontal floor beam at the base and a vertical post supporting the roof.
- Wall:** A truss with a horizontal floor beam at the base and a vertical post supporting the roof.



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Wind Jacket**  
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**Keywords:** child sexual abuse; disclosure; social support

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*House Committee on Education and the Labor Force* has held a hearing on the bill. The bill is expected to be passed by the House in the near future.

Richard A. Greenwald, William Z. Elmer, and John M. Hancock  
 School of Management, Boston College, Chestnut Hill, Massachusetts 02464

Age Group	Total (%)	Male (%)	Female (%)	Male (%)	Female (%)
18-24	~85	~80	~80	~80	~80
25-34	~75	~70	~70	~70	~70
35-44	~65	~60	~60	~60	~60
45-54	~55	~50	~50	~50	~50
55-64	~45	~40	~40	~40	~40
65+	~35	~30	~30	~30	~30

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Figura 10.10: (a) Diagrama de Bode para el sistema de control. (b) Diagrama de Bode para el sistema de control.

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**GYMNASTIC LEADER/DIRECTOR** desiring to organize a gymnastics school in the metropolitan New York area. Must be personable, motivated and enthusiastic to work in a positive, stimulating, and fun atmosphere overseeing a program with RRT students and a competitive team level 5-10 full schedule of programs, including dance. Opportunity to build program further and ultimately own the gym school. Call 712.329.1141.

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The Symmetric Technology of Atlanta, Inc., located in Kennesaw, Ga., has an opening for the position of full-time pre-clerk director. The technology largest program, 4000 procedures, such as treatment equipment, such as individualized to meet age class program - from daily dose reduction, insulin planning, self management, physical growth and reduction to being a valuable player in the field staff. Management experience is a must. College degree is preferred. Interested parties will forward resumes to: Sue Ann, 2517 46th Parkway Kennesaw, Ga. 30142. (770) 426-1040. FAX (770) 426-1040 (ext.)

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With the help of this clock, you won't be late to a meet or practice!  
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6 1/2" girth, 1 1/2" post on top, front embroidered Reebok and back embroidered USA Gymnastics.  
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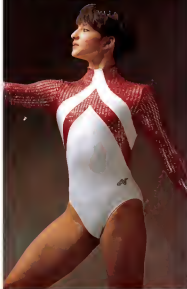
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